



Family and MWR Bulletin Board

April 2012



To Do List

1. Check out PRFTA on FaceBook



2. [Get CYSS Info on FCC providers, NACCRAA, Child-care etc.](#)

3. [Register the kids for Spring Break Camp](#)

2012 AER Campaign runs 1 March—15 May



Army Emergency Relief's sole mission is to help Service Members and their dependants.

[Click here to send an email](#) to the Parks RFTA AER point of contact. Or call (925) 875-4678

Sign up to be a CYSS [SKIES](#) instructor or [Family Childcare \(FCC\) Provider](#)

Dealing with Difficult People Class: Families
"Its all about communication!"
17 and 19 April

[More info](#)

Learn to market yourself!
Employment Readiness Workshop

12 and 26 April

[More info](#)

Dear Mommy and Daddy, Don't forget to take me to the [Month of the Military Child Carnival](#) on Saturday, 21 April. Its at the Pinnacle Clubhouse on Camp Parks from 10—2.

I luv you!

April is
Month of the Military Child &
Child Abuse Prevention Month

[More info](#)



Send us an email:
Pao.parks@us.army.mil

Recreation Center Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)

Fitness Center Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)

Lunchtime
Or
Evening Classes!



Dealing with Difficult People

Part IV: "Families"

The Tuesday Lunch Time series:

17 April: 1200-1245

At PRFTA Distance Learning Center (Bldg 514)

The Thursday Evening series:

19 April: 1800-1845

At the Pinnacle Housing Clubhouse

Provided by Parks Reserve Forces Training Area
Family Advocacy Program
Call: (925) 875-4422 or just drop into the class

Employment Readiness

Reservists, Guard, Military Spouses & Veterans

- Do you want a Road Map for Your Job Search?
- Do you want to present yourself in a way that gets the employers' attention?
- Do you want to get yourself into a career that satisfies you?

It's a Marketing Campaign and YOU are the Product!



At the supermarket, there are hundreds of boxes of cereal. An employer gets hundreds of resumes. How can you get them to pick you? You have a big advantage over those boxes of cereal. Come to the workshops and find out what it is.

Thursdays: 12 and 26 April 2012

1130 – 1230

ACS Conference room

Bldg 312, corner of 9th and Davis

Provided by PRFTA Army Community Service
Call (925) 875- 4678 for more information
Or just drop into the class



Army Community Service Classes—Call (925) 875-4678/4422




Child, Youth & School Services



SPRING BREAK

9-13 April 2012
MWR Recreation Center

Low Cost of
\$30
per child


School Age Session:
Grades 1-5
0900-1100

Middle School/Teens:
Grades 6-12
1300-1500

Join CYSS to learn how to design and create digital media using video cameras, laptops, and other technological devices.

Youth will utilize and strengthen their skills to write, direct, and produce a video about what life is like as a Military Youth. The video will be shared within our community and beyond.

Call CYSS to Sign-Up: (925) 875-4388



Mission Statement:

Army Family Team Building empowers individuals, maximizing their personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation meeting today's military mission.

Army Family Team Building Classes
10 and 24 April 1130—1300
in the ACS Conference room
(Bldg 312, corner of 9th and Davis)
Call (925) 875-4678 to register

AFTB Values and Goals


Values:

We value excellence in:

- Quality Training -- it is our signature; it is who we are and what we do!
- Resourcefulness -- The ability to overcome challenges.
- Life-Long Learning -- Opportunities that meet the needs of our community.

Goals:

- Prepare individuals through specialized training generating flexible, adaptive and capable Soldiers, Families and Civilian.
- Enhance personal growth and professional development by leveraging an adaptive curriculum and technology meeting the needs of the transforming military.
- Employ resources to build and strengthen enduring partnerships resulting in resilient strong communities







SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills

INSTRUCTORS NEEDED

Do you have a talent you would like to share with the youth of our community?

Become a SKIES Instructor today!!

Contact CYSS
(925) 875-4388
For more info.

Make your own schedule!
Bring your kids to work!



Childcare subsidies
for Military Families.
[Click to find out more information.](#)



Looking for Quality, Affordable
Childcare?
Child, Youth & School Services (CYSS) has what you need with Family Child Care (FCC).



FCC is an option of choice for many families:

- ♦ It is conveniently located in the neighborhood.
- ♦ Providers undergo rigorous training and background checks.
- ♦ It is more than babysitting! Providers follow a curriculum that offers a wide variety of developmental activities geared towards the child's individual needs.
- ♦ The FCC home ratio group is small with no more than six children in care.
- ♦ Providers hours are more flexible.

Call CYSS (925) 875-4287 for more info.



MONTH OF THE
MILITARY CHILD
HEROES FOR THE FUTURE
APRIL 2012

Festival

Saturday,
21 April
1000-
1400hrs.
Pinnacle
Clubhouse

Bounce Houses
Crafts
Face Painting
MORE!!

More info:
925.875.4388.



Find us on
Facebook



Parks RFTA
Family Advocacy Program
(925) 875-4422

Parks RFTA
Child, Youth and School Services
(925) 875-4388

• FATHER • MOTHER • FAMILY • NEIGHBOR • SOLDIER • SCHOOL • COMMANDER • COMMUNITY • TEACHER • COACH • FRIEND •



• COUNSELOR • FRIEND • PARENT • COMMANDER • DOCTOR • NEIGHBOR • FAMILY • SCHOOL • FATHER • MOTHER • COACH •

Child Abuse ... It's No Secret

EVERYONE CAN HELP

Child abuse is no secret. We've all heard about it.
We need to motivate everyone to take positive action to reduce child abuse and neglect.

The safety and health of the Army's children rest in all of our hands.

Recognize the signs ... report abuse and neglect.

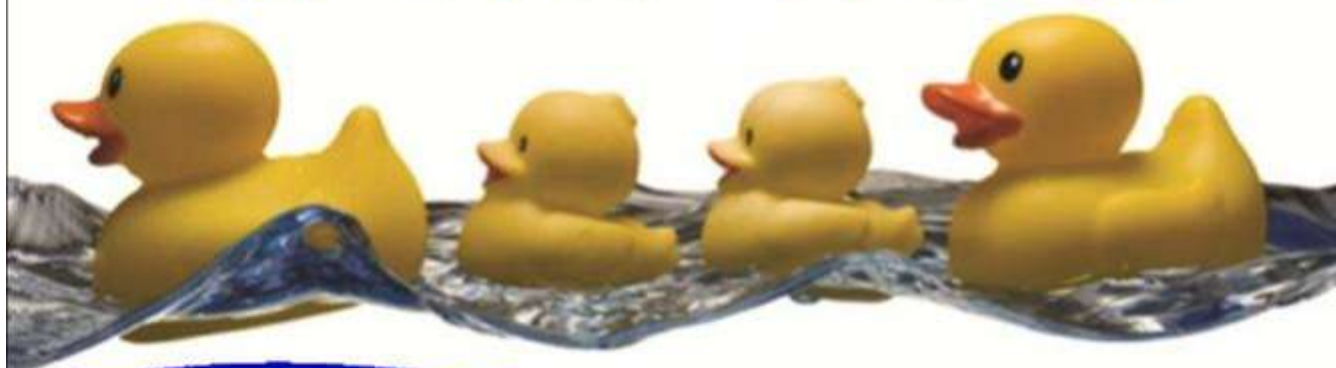


CHILD ABUSE PREVENTION MONTH
APRIL 2012



Child, Youth & School Services Presents

Parent & Me



Arts
&
Crafts

Have some fun with your
little one!

Friends

Story
Telling

**Tuesday, 3 April 2012
1000**
& 1st Tues. Monthly

Music
&
Movement

Exploration

Pinnacle Clubhouse

Fun!



Register Now (925) 875-4287



PURPLE UP! FOR MILITARY KIDS

FRIDAY, APRIL 13TH

Celebrate
Month of the Military Child
by wearing purple on
April 13th, 2012
as a visible way to show
your support and thank military
children for their strength and
sacrifices.

Post your "Purple Up!" photos
on **California's
Operation: Military Kids**
Facebook Page
www.facebook.com/CAOMK.



WELCOME

PRFTA lodging is the only military lodging operation in the Bay Area, and is available for service personnel, their guests or dependents, retirees, civilian employees on TDY orders, and other authorized DoD travelers.

GUESTS

We are dedicated to our customers. We're here to serve you and make your visit with us an enjoyable and convenient stay. Guests receive maps of the installation and local community, a list of local places of worship, doctors, dentists, and other essential services.

AMENITIES

Air conditioning, heating unit, satellite TV, DVD player(upon request), telephone with free local calls, internet access, housekeeping services, toiletries, refrigerator, microwave, laundry facilities, in-room complimentary coffee, hair dryer(in Bldg. 1150 only), iron and ironing board, and much more.

SORRY, NO PETS

Reservations can be faxed or by phone.

1151 12th Street

Dublin, CA 94568

Reservation: (925)803-5326

Fax: (925)803-5444

Toll Free: (866)649-8925



ROOM RATES

- **\$62.00** King-size with private bath
- **\$51.00** Queen-size with private bath
- **\$51.00** Queen-size twin with private bath
- **\$62.00** Two-room suite with private bath and living room
- **\$33.00** Queen-size with shared bath (for single occupancies only)

**Kitchenettes, cribs, and roll-away beds are available upon request.*

PRFTA Lodging

1151 12th Street

Dublin, CA 94568

Reservation: (925)803-5326

Fax: (925)803-5444



Family and MWR
Recreation Center B521 Mitchell
(925) 829-1912
Hours of operation
Sunday-Thursday 1100 - 2100
Friday & Saturday 1100 - 2300

JUST A FEW OF THE THINGS WE OFFER!!

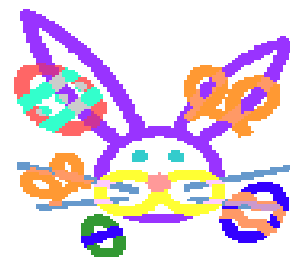
- Internet/WIFI Access
- Equipment Rentals
- Facility Rentals
- RV Storage Space Rentals
- Bicycle and DVD Rentals
- Discounted Movie Ticket Sales
- Big screen TV's with Cable television
- Nintendo Wii Stations
- Arcade with numerous games
- Ping Pong, Billiards, Air Hockey and Darts.
- Library Area
- NFL Televised Games
- Free Comedy Club Tickets
- Facility Rentals

Parks Family and MWR Community Activities Center

Friendly Staff:
Ms. Michelle Decker
Ms. Audrey Millar
Ms. Tram Vu
Ms. Colleen Jozaitis





For more info contact :

Family and MWR Recreation
(925) 829-1912
Or
(925) 875-4387



April 2012 Family and MWR Community Activities Center Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Wrestle Mania XXVIII 1600	2 Looking to store your RV, or Boat? Contact us . Spots available now!! Low prices.	3 Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base	4 Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base	5 Come play a game of pool.	6 Movie & Popcorn 	7 Texas Hold 'Em Game 1800
8 HAPPY EASTER! 	9 Free Bike Rent- als 7 days a week!	10 Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	11 Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	12 Why miss out on your Favorite TV shows we have cable	13 Movie & Popcorn 	14 Televised Boxing Match Rios Vs. Gamboa Begins at 1900
15 Need a quiet study place come to the Recreation Center	16 3 DVD's for \$1.00 All day long	17 Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	18 Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	19 FREE WIFI	20 Movie & Popcorn 	21 Texas Hold 'Em Game 1800
22 Come play old school Arcade Legends games	23 Looking for a place to host a party? Unit func- tion? Use our facility! Ask us about rates.	24 Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	25 Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	26 Sport Equipment Rentals	27 Movie & Popcorn 	28 Televised Boxing Match Hopkins Vs. Dawson Begins at 1900
29 Looking to host a party? Rent our Sports Bar area in Advance!	30 Come check out our Library	May weather Vs. Cotto Coming up 05/05/2012.				



PRFTA Family & MWR Fitness Center BLD#303, Activities Calendar *APRIL* 2012

Fitness Center B303
(925) 875-4392
Hours of Operation
Monday through Thursday
0500-2000

Friday
0500-1800

Saturday/Sunday
0530-1400

NEW FY2010 EQUIPMENT

- Treadmills
- Bike Trainers
- Precor Cross Ramps
- Summit Trainers
- Hammer Strength Stations
- Tuff Stuff
- Life Fitness Universal Gym
- Life Fitness Cable Crossover
- Free Weights-plates, benches, bars & dumb-bells
- Boxing bag & gloves

FITNESS STAFF

KEVIN McKENNA
 Manager
LORRAINE THORSON
 Assistant Manager
STEPHANO MARTINEZ
 Rec. Aid
COLLEEN JOZAITIS
 Rec. Aid
CHRISTOPHER PAHIA
 Rec. Aid

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>April Fools' day!!!</i>	2 <u>INSTRUCTOR</u> Spin Class 1700-1800	3 <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	4 <u>INSTRUCTOR</u> Spin Class 1700-1800	5 AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u>	6 Free Blood Pressure & Body Fat Assessment	7 SPIN CLASSES!!! 0800-0900 & 0915-1015
8 Open 0530-1400 EASTER SUNDAY	9 <u>INSTRUCTOR</u> Spin Class 1700-1800	10 <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	11 <u>INSTRUCTOR</u> Spin Class 1700-1800	12 AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	13 Free Blood Pressure & Body Fat Assessment	14 SPIN CLASSES!!! 0800-0900 & 0915-1015
15 	16 <u>INSTRUCTOR</u> Spin Class 1700-1800	17 <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	18 <u>INSTRUCTOR</u> Spin Class 1700-1800	19 AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	20 Free Blood Pressure & Body Fat Assessment	21 SPIN CLASSES!!! 0800-0900 & 0915-1015
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